
Diabetes and Your Diet

Two Types of Diabetes:

- If you have **Type 1 Diabetes**, your body makes no insulin. This type usually develops in children and young adults. If you have Type 1 Diabetes, you will need to take insulin shots every day.
- If you have **Type 2 Diabetes**, either your body does not make enough insulin or your body does not use the insulin it makes. This type of diabetes usually develops in people who are overweight, over the age of 40, have a family member with diabetes and/or are in high-risk ethnic groups (African-American; Hispanic; Native American; Pan-Asian). Type 2 Diabetes is treated with diet and exercise, pills, or insulin shots.

Symptoms of Diabetes:

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| 1. Extreme hunger | 5. Blurred vision |
| 2. Extreme thirst | 6. Slow healing of cuts and sores |
| 3. Frequent urination | 7. Feeling tired |
| 4. Itchy skin | 8. Unexpected weight loss |

Foods That Affect Blood Sugar:

Some foods you eat will break down into sugar by your body. A carbohydrate, or “carb”, is a starch or a sugar. These foods break down into glucose (sugar) in your blood 15 minutes to 2 hours after eating. The following foods contain carbohydrates and can raise your blood sugar:

1. Sugars- table sugar; honey; jellybeans or candy.
2. Starches- bread; rice; noodles, cereal, potatoes, beans, peas, lentils, corn.
3. Fruits- all fruits and juices
4. Milk/Dairy- whole milk, 2% milk, skim milk, yogurt, ice cream.
5. Alcohol – Can cause blood sugar to drop undesirably low-Discuss with your doctor.

**Watch out for food and drinks with added sugar (regular soda; Kool-Aid; juice; ice cream; cookies; pie).

Tips for Meal Planning:

1. Eat 3 meals per day.
2. If you take insulin to control your blood sugar, eat a snack before you go to bed.
3. Don't skip meals. If you are taking insulin, your body needs food. Skipping meals could make your blood sugars drop too low.
4. Eat the same amount of food and the same amount of carbs at each meal. Watch your portion size.
5. Be consistent! Eat your meals at about the same time everyday.
6. Avoid foods and drinks with added sugar (regular soda, Kool-Aid, candy, cookies, cake).
7. Try water, diet soda, sugar-free Kool-Aid, sugar-free iced tea, sugar-free lemonade, and small servings of desserts.

To speak with a Froedtert Hospital dietitian, please call (414) 805-7782

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